

# CONTRACEPTION (Birth Control)

midlife and beyond...



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one stop solution for all health issues of women 35 years plus

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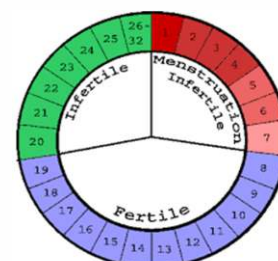
Family planning also known as Birth Control allows us to prevent pregnancy and plan the timing of pregnancy. Family planning allows couples to attain their desired number of children and determine the spacing of the pregnancies. It is achieved through use of contraceptive methods.

There are a number of different methods and it is important to choose one that best meets an individual's needs and circumstances.

Contraception is the use of various devices, drugs, agents, sexual practices, or surgical procedures to prevent conception or pregnancy.

### Natural Methods

- » Also known as Natural Family Planning
- » Based on understanding ovulatory cycle
- » Require periods of abstinence & careful recording of events throughout cycle
- » Require extensive initial counseling



Calendar Method

### Methods

- Abstinence
- Calendar method
- Coitus Interruptus
- Cervical mucus
- Lactational Amenorrhea Method

### Artificial Methods

**1 Physical Barriers:** These are devices that attempt to prevent pregnancy by physically preventing sperm from entering the uterus. The sperm is thus blocked from reaching the egg. They include male condoms, female condoms, cervical caps, diaphragms and contraceptive sponges with spermicides. They do not change the way the woman's or man's body works and cause very few side effects.

- Condoms
- Diaphragm
- Cervical cap



### 2. Hormonal Methods

These methods contain hormones called estrogen and progestin that are similar to the estrogen and progesterone a woman makes in her own body. They include pills, injections and implants. Hormonal methods work by preventing eggs from being released from the ovaries, thickening cervical mucus to

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prevent sperm from entering the uterus, and thinning the lining of the uterus to prevent implantation of fertilized egg.

- Combined oral contraceptive pill



- Emergency contraception  
MORNING AFTER PILL : Popularly known as **emergency contraceptive pills** or **morning after pills**, emergency contraceptive pills are a way of preventing unwanted or unplanned pregnancy in case of an unprotected sexual intercourse.



COPPER-T as an emergency contraception : the copper-T is an intrauterine device (IUD) that some women use for regular birth control, but you can also have a doctor or other trained clinician insert it up to five days after sex to prevent pregnancy.

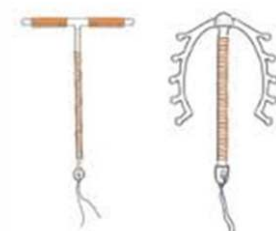
- Injectable contraception DMPA: Injectable contraception (Depo-Provera) contains progestogen. A slow release of this type of hormone over time provides very good contraception.



- Intrauterine contraceptive systems: Intrauterine system (IUS) 'Mirena intrauterine system' releases progesterone directly into the uterus. The Mirena intrauterine system provides safe effective contraception for 5 years
- Progestogen mini pills Progesterone
- Centchromen (Chhaya)

### 3. Intrauterine contraceptive devices(IUCD)

The IUD is a small plastic or copper device inserted into the uterus by a trained health worker. It works by creating a hostile environment for the sperm. They can last for 5 – 12 years.



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#### **4. Limiting Methods-sterilization:**

There are operations that make it almost impossible for a man or a woman to have any children. Since these operations are permanent, they are only good for those women or men who are certain that they do not want any more children.

The surgery for the man is known as Vasectomy in which the tubes that carry the sperm from the testicles to the penis are cut. The operation does not change a man's ability to have sex or to feel sexual pleasure.

#### **Male Sterilization:**

- No Scalpel Vasectomy
- Conventional Vasectomy

The surgery for the woman is known as tubal ligation and as the name implies the tubes that carry the eggs to uterus are cut or tied. It does not change a woman's monthly bleeding or her ability to have sex and sexual pleasure.

#### **Female Sterilization:**

- Laparoscopic
- Minilap



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